

Flex & Strength Class
With Todor Dosevski

Want to live longer, manage the pain and have more energy?

Join us for the Flex & Strength class, where we are going to focus on the 2 out of the 3 pillars of fitness. The class will focus on all aspects of physical health with the goal of improving ones flexibility, strength and providing muscle vitality through sophisticated stretching techniques and strength exercises.

Flexibility is a key component of health related fitness, but despite of the recent popularity of activities like Pilates and Yoga, flexibility is often neglected.

It's now scientifically proven that flexibility can extend ones life expectancy as well as improving posture, range of motion, management of arthritis and back pain.

Combing flexibility and strength exercises provided a perfect combination for strengthening the body, improving the range of motion, increasing energy levels and preventing Osteoporosis (more likely to develop with females who are not participating in strength training).

We welcome you to the new DMWC class and we hope that you will take the opportunity to try it and reap the benefits of this valuable body positive class. The last 5-10 minutes of each class will be dedicated to a question and answer session, where Todor will provide the group with information vital for a healthy, strong and active life style.

The class will meet every Tuesday and Friday from 9 AM until 10 AM at the DMWC center. The first class is scheduled for Tuesday SEPTEMBER 4th at 9 AM.